

The Courier

March
20
2019

Volume 19 Number 30

Groove party scheduled

"Let's Groove Tonight" Dance Party to support the Jesse Klump Suicide Awareness & Prevention Program will take place March 21 between 6 p.m. and 10 p.m. at Sello's Italian Oven and Bar located at 9802 Golf Course Road in West Ocean City. Music will be provided by DJ Wax. There will be small plates by Sello's, desserts by Baked Desserts, a cash bar and disco prizes. Tickets are \$75 per person and are available at www.sellosoc.com or at Baked Desserts located at 4 Bay Street in Berlin.

Matinee fundraiser is Saturday

Team Refuge/Relay for Life of Northern Worcester County will hold a fundraiser at the Clayton Theatre in Dagsboro, DE on Saturday, March 23. Doors open at 1 p.m. The movie feature will be "Planes, Trains and Automobiles" with Steve Martin and John Candy. There will be a Chinese Auction and 50/50 raffle tickets available for purchase. Movie tickets are \$10 and may be bought at the door. All proceeds benefit the American Cancer Society. For additional information please contact Joann Waysz at 215-828-5521.

Wor-Wic to host job fair

The public is invited to attend a free job fair being offered by the career services office at Wor-Wic Community College on Thursday, March 28, from 2 p.m. to 5:30 p.m., in Guerrieri Hall at the college campus in Salisbury.

More than 50 area employers are planning to participate in the fair, including Atlantic General Hospital, the City of Salisbury, Crystal Steel Fabricators, Jubilant Cadista Pharmaceuticals, the Maryland Department of Public Safety and Correctional Services, McCready Health, Mountaire Farms, Peninsula Regional Medical Center, Perdue Farms, the Real Hospitality Group, Salisbury Police Department, Sharp Energy, Somerset County Public Schools, Sysco Eastern Maryland and Taylor Bank.

Attendees do not need to register to attend, but they should come dressed in interview attire and bring resumes to give to prospective employers. Interpreter services will be available for people who are deaf or hard of hearing.

Job seekers can go to www.collegecentral.com/wor-wic and submit a resume prior to the job fair for a free critique. Call 410-334-2903 for more information or a full list of participating employers.



Reading day

Elizabeth Engh's kindergarten class at Ocean City Elementary celebrated Read Across America Day on March 1 by inviting parents into the classroom to read aloud their favorite Dr. Seuss books.

Above are **Charlotte Balmforth**, **Luca Buta** and **Hektor Buta**.

Eat Here • Swim Here • Golf Here • Work Here

Visit OCEAN PINES
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Visit the OP Farmers & Artisans Market Saturdays, 8am -1pm | Golf at OP Golf Club | Visit the Sports Core Pool



fun! St. Patrick's Day Celebration March 16-17, OP Yacht Club
Ocean Pines Seasonal Job Fair March 23, 9am- Noon, Community Center
get your tickets! Dinner Theatre March 23, 5pm, OP Yacht Club
free! Spring Flea Market March 30, 8am-Noon, Community Center

Community Calendar

MARCH



Monday

Ocean Pines Poker Club

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings. June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

Thursday

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

With her smoldering looks and guitar hooks, Joan Jett had rock-star charisma to rival any man's. Jett burst onto the scene as a solo artist with "I Love Rock 'n' Roll," the three-chord anthem that topped the "Billboard" pop chart on March 20, 1982.



"I Love Rock 'n' Roll" was originally written and recorded in 1975 by a British group called the "Arrows," who never made an impact on this side of the Atlantic. Joan Jett heard the song in 1977 while touring the U.K. with the "Runaways." Following the demise of the Runaways, Jett kicked off her solo career with a debut album called "Bad Reputation" in 1980. While that album's title track has since become regarded as a classic, it was not until 1982's "I Love Rock 'n' Roll," from that album that Joan Jett became a household name.

Sheriff to speak at NAACP meeting

The Worcester County NAACP will host Sheriff Matt Crisafulli on Thursday, March 21 at 6:45 p.m. at the Ocean Pines library. Sheriff Crisafulli will discuss the protection and security of the community. A question and answer session will follow his talk. The Executive Board meeting begins at 6 p.m. Call 443-944-6701 for information. Interested persons are encouraged to attend.

Church to host Italian dinner

The Church of the Holy Spirit is having an Italian dinner catered by Carrabba's on Sunday, April 28 from 4 p.m. to 6 p.m. at the church.

The feast includes chicken Bryan, penne pomodoro, Caesar salad, garlic bread sticks, iced tea and lemonade. Desserts will be available for \$1.

Tickets are \$15 and are available at the church. They will also be available at the door on the day. They are limited, so get yours now.

The church is located at 100th St. and Coastal Highway in Ocean City; call the church office at 410-723-1973 or Monica at 443-235-8942 for further information.

Fire auxiliary to host dinner

The Bishopville Volunteer Fire Department Auxiliary will hold an all you can eat Chicken and Dumpling Dinner on Saturday, April 13 at the main station. The cost is \$12 for adults and \$6 for children under age 11. The menu includes chicken, hand rolled dumplings, coleslaw, green beans and sweet potatoes. Water, tea and coffee will also be served. Soda, bottled water and desserts will be sold separately. Eat in or carry out. For more information call 443-880-6966.

Pines flea market returns

Bargain shoppers and treasure enthusiasts will soon get a chance to shop at one of the largest seasonal indoor/outdoor flea markets in the area at the Ocean Pines Community Center on Saturday, March 30, from 8 a.m. to noon.

Vendors will set up shop at White Horse Park and in the Community Center to sell gently used clothing, children's items, household items,

collectibles, delectable food and much more.

"Folks on Delmarva will discover unique finds while saving big bucks at the seasonal flea market," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "Admission is free for shoppers and the event is open to the public."

Shoppers are also encouraged to visit the Ocean Pines Farmers and Artisans Market for fresh produce, baked goods, meats and gourmet pantry, and artisan-crafted items.

The farmers and artisans market, which will take place from 8 a.m. to 1 p.m. in conjunction with the indoor/outdoor flea market, is open located at White Horse Park.

MD CHIP program comes to Delmarva

Evergreen Lodge # 153 of Berlin has recently received training from The Grand Lodge of Maryland to provide the Maryland Child Identification Program (MD CHIP). This

service is provided free of charge by the Freemasons of Maryland. According to the FBI, in 2018 there were 424,066 National Crime Information Center (NCIC) entries for missing children.

When a child participates in the program, all vital statistics are recorded. The child is photographed, and digital fingerprints are taken. Additionally, a video recording of the child speaking is made. All of the

*please see **program** on page 15*



Volunteers — Pine'eer Craft Club President **Sharon Puser** and Treasurer **Carol Quinto** attended the recent Ocean Pines Association board meeting requesting the association's assistance in the construction of a new building. Photo by Anna Foultz.

Pines to hold town hall meeting

Ocean Pines residents will get a chance to weigh in on current projects and community matters at an upcoming town hall meeting on Saturday, March 30 from 9 a.m. to 11 a.m. in the ballroom of the Ocean Pines Yacht Club, located at 1 Mumford's Landing Road.

The Ocean Pines Communications Advisory Committee, under the guidance of chairwoman Jennifer Cropper-Rines, will host the event.

Residents are encouraged to submit question/s and comment/s to the Ocean Pines Board of Directors and its Communications Advisory Committee in advance via email to townhall@oceanpines.org.

The submission period will run until Wednesday, March 27, at 5 p.m.

Director Colette Horn, at the July 27, 2018 Regular Board Meeting, introduced a motion to accept the recommendation from the Ocean Pines Communications Advisory Committee to set a policy for the coming year of holding three Town Hall meetings for the purpose of updating and engaging in question and answer and discussion with the Membership on pending Board business and other topics of concern to the Membership.

Those unable to attend the meeting may view it live at www.OceanPines.org or on Mediacom channel 78.

DPI rep to speak at Dem meeting

On Thursday, March 28, beginning at 6:30 p.m., the Worcester County Democratic Club will hear from James Fisher, communication director for the 1,800-member Delmarva Poultry Industry association. Fisher will address the importance and impacts of the poultry industry on the local economy. The meeting will be held in the Assateague Room of the Ocean Pines Community Center. The public is welcome to attend.

Casino bus trip offered

Kiwanis Club of Ocean Pines/Ocean City and the Ocean Pines Boat Club is sponsoring a Harrington Casino bus trip on Thursday, April 25. The cost is \$20 per person and includes \$15 slot play and a \$7 food voucher. For more information or to reserve a seat call Tom or Barbara Southwell at 410-641-5456.

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peninsula.org/cancer

Tortoise, Hare Dare scheduled

The 22nd annual “Tortoise & Hare Dare” 5K walk/run will be held at 9 a.m., on Saturday, April 6, with a rain date of April 13, at Pocomoke River State Park-Shad Landing in Snow Hill. Registration begins at 8:30 a.m. This is a free event and is pet friendly and will be led by Smokey Bear. The first 100 runners/walkers to check-in on the day of the event will receive a free commemorative T-shirt. There is no cost to take part in the Tortoise and the Hare Dare. The Worcester County Health Department, Worcester County Department of Recreation & Parks, and Pocomoke River State Park all co-sponsor the 5k.

“The 22nd Annual Tortoise and Hare Dare 5k is a fantastic opportunity to start your spring with physical activity and exploration of Worcester County’s beautiful Shad Landing,” said Mimi Dean, Director of Prevention Services for Worcester County Health Department. “Whether you walk or run the course, Tortoise and Hare Dare is a fun, accessible way to get outside and get moving.”

After the walk, participants are encouraged to visit local health, recreation, and community exhibits. This is a great opportunity to enjoy the outdoors while getting some physical activity with friends, family, and other community residents. Pre-registration is encouraged and participants can register by calling 410-632-0056 or visiting WorcesterHealth.org.

Wor-Wic offers summer courses for gifted and talented students

Parents of gifted and talented children entering the third through ninth grades in the fall of 2019 can register their children for Summer Scholars courses being offered at Wor-Wic Community College this summer.

New courses being offered include “Become a Junior Journalist,” “Jaws and Claws: the Science of Jurassic Park,” “Power of Music,” “Superheroes, Sidekicks and Villians” and “What’s in Your Food?” Other courses focus on 3-D printing,

please see **courses** on page 15



Celebrating - Beta Sigma Phi celebrating St. Patrick’s Day at Taylors Restaurant in Ocean Pines. (Top L) President **Ann Twiner**, **Mary Ann Welsh**, **Carol Troilo**, (bottom L) Treasurer **Pat Foringer** and members. Photo by Anna Foultz.

Breast health event scheduled

Atlantic General Hospital, in partnership with Susan G. Komen Maryland, will offer a free breast health dinner and discussion event for area women on April 11.

The three-hour “Hope in Bloom” event will address early detection, treatment and survivorship with area experts and survivors. Presentations will be given by Roopa Gupta, M.D., medical oncologist and hematologist, and Manoj Jain, M.D., radiation oncologist, who will touch on the latest in breast cancer treatment, in addition to a keynote address by breast cancer survivor Darlene Jackson-Bowen, Ph.D., PA. A panel of


survivors will also be held for discussion and a Q&A session. Atlantic General Hospital is co-hosting this event with Komen Maryland and the Residence Inn by Marriott.

Advance registration is required. Please visit www.agh.care/hope or call 410-629-6820 to register. Those interested are urged to sign up soon, as the event will only be available to the first 100 registrants.

The event will take place between 5 p.m. and 8 p.m. at the Residence Inn by Marriott located at 61st Street and the Bay in Ocean City. The “Hope in Bloom” breast health event is free of charge.

QUARTER AUCTION

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AT THE OCEAN PINES
FARMERS MARKET
TICKETS ARE \$5
\$8 AT THE DOOR





Wine tasting event returns

Kiwanis Club of Ocean Pines-Ocean City will hold its annual Wine Tasting and Auction on Friday, April 26 from 4:30 p.m. to 7:30 p.m. in the Ocean Pines Community Center. Attendees must be 21 or older. Tickets are \$15 per person. For tickets or information call 443-896-4914 or see any Kiwanis Club member. Enjoy wine, food and a silent auction. The band “Still Rockin” will provide live entertainment. Proceeds will go to the Kiwanis Club scholarship fund that supports local students.

History luncheon scheduled

The Women’s History monthly luncheon will be held March 30 between 11 a.m. and 2 p.m. at Tyree A.M.E. Church located at 9004 Germantown Rd. in Berlin. The cost is free, but donations will be accepted. Phone Worcester County NAACP President Ivory Smith for information at 443-944-6701.

The keynote speaker will be Mayor Victoria Jackson-Stanley, mayor of Cambridge, MD. Other speakers include Karen Holland, Worcester County 2018 Teacher of the Year, Dr. Annette Wallace Assistant Superintendent for Worcester County Public Schools, Kristin Heiser, State’s Attorney for Worcester County, Dr. Rev. Roxie Dennis-Acholonu, Pastor Ambassador for Christ International Ministries in Berlin and Dr. Barbra Dezmon, Maryland State Conference NAACP Education Chair.

A familiar pattern

After many years of marriage, a familiar pattern has emerged with my wife and me, especially now that we're empty nesters. Saturday mornings are when we go food shopping. There was

is a grandmother on a mission, and a grandmother enjoying herself. But I digress.

On this particular day there was a major systems failure. I could not locate my wife. Starting in the back of the store, I made my way down the dairy aisle and then scanned the aisles perpendicular to the main aisle that included the meat department, bakery and deli counter. I thought for sure

I'd find her in the pasta or cracker aisle. No such luck. Frozen food aisle? Nope. So, I made the loop again. No luck. Twice more. Same results. I went through the children's clothing section. No sighting but I did notice many bare shelves.

Had she left without me? Probably not, but if you know my wife, you'd understand why such a thought wouldn't be too far from the back of my mind. I tried calling her. No answer.

Finally, I headed to the produce section. Success! There was my wife in deep conversation with a family friend, known in our circles as the Deacon. I approached, said my hellos and discreetly dropped the Eastwood DVD into the cart, tucking it under several girls sundresses and boys pajamas. Our friend was sharing stories about a new puppy that was testing his patience. The stories were accentuated with a mellow voice, "can you believe what I'm going through" facial expressions and comedic pauses that kindled empathy and laughs from my wife and me. Who knew so much entertainment existed between the lemon and the lettuce displays?

We were engrossed in conversation for what had to be about 15 minutes. Finally, we said our goodbyes and my wife and I headed toward the registers. "What did you put in the cart?" my wife asked. I should have known she was wise to my attempts of concealment. When I fessed up, she rolled her eyes with an exasperated expression. It was just a regular Saturday.

Personal note: Late last week Bob Bigler, Bev's husband, passed away. Our heartfelt sympathies go out to Bev. Bob was a very nice man who always lent a helping hand and a smile to those around him. He will be missed.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

once a time when my wife did the food shopping alone. Now, I tag along because, truth be told, I don't really have anything else to do.

This is how things usually play out. We cross the Walmart threshold, my wife pushing the shopping cart. As soon as we pass the greeter, we part ways. My wife takes care of getting things on the shopping list and I meander through the store in search of nothing in particular. And so it was on a recent Saturday.

My usual route includes checking out what's new in the outdoors section. Then I make my way past the automotive department before turning into the fishing section. Next, I take a stroll through the electronics department looking through the DVD offerings hoping to find a gem or two. Much to my wife's dismay, on this particular outing I picked up a DVD that included the Clint Eastwood "Dirty Harry" movies. How could I pass up such cinematic gold for only \$7.50? "Are you feeling lucky, Punk? Well, are you?"

Eventually I made my way over to the grocery section in search of my wife. Through the years, I've developed an intuitive sense of what aisle I will find her based on a number of factors that include in no particular order, elapsed time since we separated; the amount of time she will spend in the children's clothing section searching for bargains for our grandchildren; and, how many items were on the shopping list. It's not a failsafe calculation but it's often pretty close. Just a quick side note. My wife sometimes spends more on clothes for our grandchildren than for the week's groceries. She already has gifts for next Christmas and future birthdays. The bed in our guest room is piled with winter clothes, summer clothes and kids' shoes of different sizes. My wife

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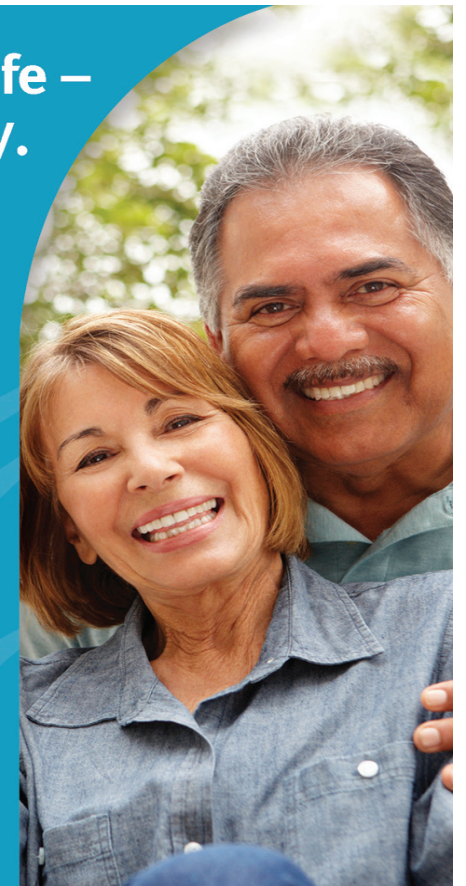
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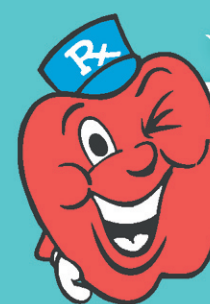


atlanticgeneral.org/diabetes

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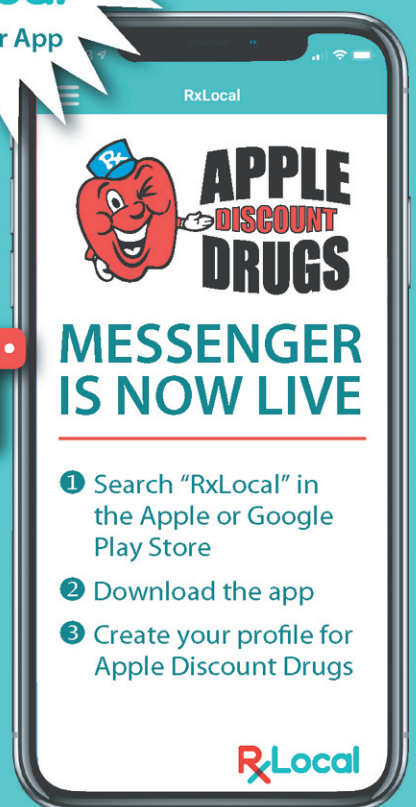
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Hire Colby Phillips as General Manager

Commentary by **Joe Reynolds**

OPA currently has no General Manager. Section 9.01 of the OPA by-laws states: "A General Manager shall be employed by and serve at the pleasure of the Board of Directors."



Colby is now serving as Director of Aquatics and Director of Recreation and Parks, and also more or less doing the job of GM since the Board parted company with the prior holder of the position.

Rather than go off on yet another expensive, long search operation using some headhunter outfit like the one that found our last GM of 18-month duration, the OPA Board of Directors should hire Colby Phillips as our new General Manager.

Some board members have discussed hiring Colby as a temporary GM while a new GM is sought. That would be a serious management mis-

take. The board should offer Colby the same contract provided to the prior GM. The president or any two board members should immediately call for a special meeting for the purpose of making such an offer. It would take four YES votes to hire her.

Here is what some association members on *OceanPinesForum.com* had to say when Colby was appointed as the key person in the current Transitional Management Team:

Dale Ash wrote: "Colby Phillips is not only 'a reasonable choice' for acting General Manager, she might very well make an outstanding General Manager. Already she has demonstrated her ability to effectively manage much of OPA.

"My firsthand experience interacting with Colby has been about tennis activities as President of the Ocean Pines Tennis Club. I have found her to be open, empathetic, curious, a fast learner, focused, positive, persevering, honorable and decisive. Colby is a

good problem-solver. She thinks outside the box. She doesn't take herself too seriously. She has a good sense of humor. Because she cares, she inspires others to care and do their best. In short, she is the complete communicator—the good person listening and speaking well.

"Whether Colby would accept the job as General Manager is another matter. But if she did, I am confident Ocean Pines would be well served by her leadership."

Association member Glenn Nelson wrote: "Colby has always had a sense of what's right. She takes her time looking at all the angles before she puts them out there to meet the best for the best. She's upfront and tells you

like it is. She doesn't get her feelings hurt by disagreements but just plugs on to find a better solution for everyone! She's the best communicator OP has hands down and is well known by hundreds in the area. People like her. She makes herself available to everyone. She knows Ocean Pines."

Association member Bill Wolf wrote: "I think Colby would make a great GM. I have known her for a number of years and know she is a competent person. She might be just what Ocean Pines needs! Best of luck to her."

The Board can hire Colby Phillips or go off on yet another expensive wild goose chase.

Coastal Hospice announces key promotions

Coastal Hospice announces the promotion of Susan Olischar, to Vice President of Finance. She is responsible for optimizing the financial performance of the organization, providing accurate and timely reporting, financial planning and forecasting, and managing cash flow to ensure that we meet our financial commitments. Sue has worked for Coastal Hospice for 12 years. During her time with the agency, she has assembled a talented team in the finance department and demonstrated her dedication to the overall mission of the agency. Sue received her bachelor's degree in accounting from Salisbury University and is a licensed CPA with over 20 years of experience.

Coastal Hospice staff member, Stacy Cottingham, has been tapped as the new Senior Director of Strategic Initiatives. Cottingham has been with the agency for five years. She originally started as Manager of Quality/Performance Improvement, and Education. Before joining Coastal Hospice, she was a case manager at a regional hospital and worked in management in both the cardiac and oncology depart-

ments. During her time with Coastal Hospice, she has grown staff in their education and was tasked with ensuring all regulatory requirements were met. Cottingham is a nurse with over 25 years of experience and is certified in hospice and palliative nursing. She has a Doctorate in Organizational Leadership from UMES.

Bob Miller will now serve as the Senior Director of Business Development. Miller has been with Coastal Hospice for over five years. He worked as a chaplain and in bereavement services. Afterwards, Miller moved into provider relations as an associate and eventually managed the department. He has successfully established and strengthened relationships with the community through effective education and outreach of Coastal Hospice services and programs. Miller has a successful entrepreneurial background and holds a Master's degree from Eastern University and a B.A. from Lee University.

Lauren Blair was promoted to Provider Relations Manager after hav-

please see hospice on page 11

Random trivia

- The typical wave height from Pacific tsunami is between six to nine meters.
- Clouds fly higher during the day than the night.
- When born a baby giraffe is six feet tall.
- Mount Everest is five and half miles high.
- The tallest mammal is the giraffe.
- A newborn kangaroo is about one inch tall.
- The Eiffel Tower is over 984 feet tall.
- Banana plants can grow as high as 20 feet tall.
- Acrophobia is the fear of heights.
- An astronaut can be up to two inches taller returning from space (the cartilage disks in the spine expand in the absence of gravity).



-Didyouknows.com

Worcester GOLD golf tourney set

Worcester County GOLD (GOLD - Giving Other Lives Dignity), a 501(c)(3) nonprofit, announced its 5th Annual GOLD on the Green Golf Tournament fundraiser is scheduled on Wednesday, June 19, at Ocean City Golf Club's Newport Bay Course in Berlin. This is GOLD's major annual fundraising event.

Not a golfer? Great ways to promote your business and sponsorships are available. GOLD is requesting donations of items for golfers' gift bags, which can include a business logo, and raffle and award prizes. Monetary donations are greatly appreciated.

The 18-hole golf tournament will be a scramble format, with registration and lunch at 12:30 p.m. and a shotgun start at 1:30 p.m. A buffet awards dinner with carving station follows the tournament.

please see golf on page 11

The
Courier

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The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2019. News release items and calendar entries should reach us Friday noon prior to publication date. The advertising deadline is Friday at 5 p.m. Read **The Courier** online at delmarvacourier.com



Reading enjoyment - Ocean City Elementary School (OCES) Volunteer, Skip Carey presented a check to the kindergarten students, enabling each of them to receive a \$5 coupon to spend at the school's 2019 Scholastic Book Fair. Mr. Carey loves to volunteer in the kindergarten classrooms at OCES. Therefore, it was his wish that each student be able to share his love of reading and purchase a book of their choice at the book fair.

Pictured left to right: **Brooks Huyett, Frederick Singer, Landon Bounds, Skip Caey, Joshua Rodriguez, Lilly McAllister and Lila Ball.**

Ocean Pines marketing earns All Star award

The Ocean Pines Marketing and Public Relations Department, under the guidance of Denise Sawyer, has been named a 2018 All Star Award winner by Constant Contact, a nationwide leader in business marketing solutions.

"We are passionate about sharing Ocean Pines' impressive array of public amenities and top-rated services with its residents and guests through compelling marketing campaigns," said Sawyer, director of marketing and public relations for the Ocean Pines Association (OPA). "This award honors the Association's excellence in marketing and communication while recognizing the marketing team's creativity and hard work."

A small number of businesses and/or non-profit organizations, based on their significant achievements using email marketing to engage their customer base and drive results for their organization, are recognized each year.

"Communication is so important

in all we do, especially working within a large HOA, to get all the great programs, events and notifications out," said Colby Phillips, of OPA. "Denise and her team do a fabulous job in keeping the community advised of all the happenings and deserve to be congratulated for this wonderful award."

Criteria used to select this year's All Stars included the following during 2018:

- Level of engagement with email campaigns

- Open, bounce, and click-through rates

- Use of social sharing features

- Use of mailing list sign-up tools

- Use of reporting tools

"The campaigns created by this year's All Stars demonstrate that a business, regardless of its size, can accomplish their marketing goals and we celebrate Ocean Pines Association impressive achievements with this All Star Award," said Holli Scott, vice president of Constant Contact Customer Success.

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50/50 Raffles

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Soccer youth, volunteer coaches needed

Kick off spring with Worcester County Recreation and Parks (WCRC) Youth Outdoor Soccer from April 7 to June 16 on Sundays at John Walter Smith Park in Snow Hill.

Children will practice basic soccer skills and compete against teams from other local towns. This program is open to ages three to Grade 8. Participants will be split into competing divisions based on their age (Age three-four, and grades K-1, 2-3, 4-5,

and 6-8). The registration deadline for the spring season is Thursday, March 28.

The Soccer program is \$35 per person to play, and \$30 for each additional child. Registrations received after the deadline will be charged an additional \$5 fee, and children may not be placed with their desired team or coach. Checks should be made payable to Worcester County and can be mailed to the Worcester county Department of Recreation and Parks or dropped off at the Recreation Center. Online registrations are now available.

Visit www.worcesterrecandparks.org to register for any upcoming youth or adult program.

Volunteer coaches are needed to assist with the soccer program. Soccer teams cannot run successfully without volunteer coaches who donate their time to helping children improve their soccer skills. An orientation meeting will be held for all interested coaches on Thursday, April 4 at 6:00 p.m. at the Worcester County Recreation Center.

For more information, contact Program Manager Jacob Stephens at 410-632-2144, ext. 2506 or jstephens@co.worcester.md.us, or visit www.WorcesterRecAndParks.org. While there, be sure to click the links to follow us on social media.



Imagination at work - This year, Middle School teacher Keith Geiger implemented Worcester Prep's (WPS) inaugural Destination Imagination (DI) after-school club. Two teams of sixth and seventh graders were formed, one competitive and one non-competitive. The seven students on the competition team recently placed fifth in their first-ever DI tournament in Salisbury on March 9. "I am so proud of these kids. Destination Imagination was a great learning experience and everyone had a fantastic time," said teacher/Team Manager Keith Geiger. "We are hoping to have more than one competition team next year, with the goal of making it to the state competition."

Members of the WPS competition team at the DI Tournament included **Izzy Huber, Savannah Palmisano, Vanesska Hall, Dylan Simons, Travis Netting**, Team Manager **Keith Geiger, Sydney Tingle** (not pictured: Lydia Schwartz).

WCCW luncheon scheduled

This year the Worcester County Commission for Women and the Friends of the Worcester County Commission for Women will honor the following women at their 2019 annual luncheon to be held Tuesday, March 26.

2019 Woman of the Year: Wendy Myers, director of the Cricket Center

2019 Woman in History: Sheryl Mitrecic

Honorable Mention: Linda Dearington

In addition, the Commission and the Friends will recognize the 2019 Women of Tomorrow:

Ms. Kaliyah Corbin: Pocomoke Middle School

Ms. Danayah Smith: Stephen De-

catur Middle School

Ms. Alexis Hudson: Snow Hill Middle School

Ms. T'Marah Cannon: Snow Hill Middle School

Ms. Jessica Yankalunas: Snow Hill High School

Ms. Sheyanne Aleshire: Snow Hill High School

The luncheon which will be held at the Clarion Resort Fontainebleau Hotel located at 10100 Coastal Highway in Ocean City between 11 a.m. and 2 p.m. Tickets are \$37. For more information, call Eloise Henry-Gordy 443-235-3214 or email Henrygordy1954@yahoo.com.

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thecourier@delmarvacourier.com



Let's go Crappie fishing

Fishing Report: A few Tog are being caught offshore when the weather permits. DNR has stocked 500 Trout in the Shad Landing Pond in February and will stock another 300 late in March. The 2019 Maryland Fishing Regulations should be released sometime this month but there is still no official decision on Flounder for the 2019 season.

Let's go Crappie Fishing: It's this time of year I like to start Crappie fishing. In our area we have White and Black Crappie many times they are the same colors and most can't tell them apart. Black Crappie have seven or eight dorsal spines and white only six. They also have many different names such as Calico Bass, White Perch, Croppie, and Papermouth to name a few. They grow three to five inches their first year and to seven to eight their second year. Most Crappie caught are in the range of one half to one pound.

Where to go? One area I found to be a hot spot is the Pocomoke River at Shad Landing Just off MD Route 113. You will need a Maryland Freshwater Fishing License to fish this area. Check the current regulations but usually there is no closed season and no size requirement. Also, you are al-

lowed 15 fish per day or 30 possession in aggregate

What equipment do I need?

An ultra-light spinning outfit spooled with 4lb test monofilament line is best. The rod can be 5.5 or 6' you will also need a good assortment of fine quality bobbers and size 6 and 8 short shank hooks.

What bait should I use?

Crappie feed primarily on small minnows and insects. The bait of choice in my



opinion is small live minnows of one to two inch maximum. These can be hooked through the lips on a size 8 hook with a bobber a couple feet above the minnow. Some fishermen prefer to jig for them and an assortment of crappie jigs can be found at local tackle shops.

Where should I fish? They prefer structure. Drop your minnow or jig next to boat docks, trees or cypress roots and wait for the bite with min-

please see crappie page 15



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Review

Do Not Say We Have Nothing

By **Jean Marx**

The book, “Do Not Say We Have Nothing,” by Madeline Thien, is both captivating and heart-wrenching. It is the third book by this author and has won numerous literary awards in Vancouver, Canada where Thien resides. It chronicles China’s actual history from 1949-1989, told from the point of view of the daughter of one of the book’s main characters, Jiang Kai. The daughter’s name is Marie, or Jiang Li-ling (Li-ling is a nickname for “girl”) that her father liked to call her. This historical fiction story weaves between past and present, and it is the delving into the past that leaves an indelible impression on the reader. It is a personal tale of the way China’s history during this time period affected two fictional families across their generations. The tale paints a very different picture of China than what is shown to the public.

The book shares Li-ling’s reflections, beginning with present day 2016 in Vancouver where Li-ling and her mother live. She discusses her father’s death by suicide in June 1989 in Hong Kong. He had left Canada for Hong Kong at the time of “momentous events occurring in China,” namely the Tiananmen Square massacre of thousands of its civilians. Li-ling would have been 10 years old at the time and had no understanding that her father had previously defected from China in 1978 and had been forbidden to re-enter the country. He’d left for Hong Kong to try to persuade his former music professor and mentor, known as Sparrow, to leave China and meet him there.

In early December 1990, Sparrow’s 19-year-old daughter, Ai-Ming, sent a thick envelope to Li-ling’s mother. Inside was a letter outlining the events of Tiananmen Square and how her father was killed in the conflict and how she had narrowly escaped. She was asking to live with them temporarily until she could get on her feet. The package also explained a long-standing, very personal connection that had developed over the years between Sparrow and Jiang Kai from when Kai first became

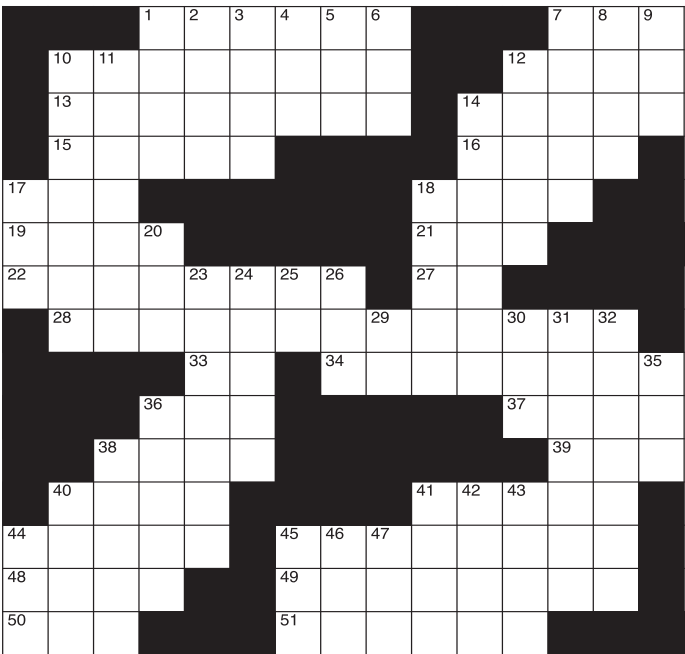
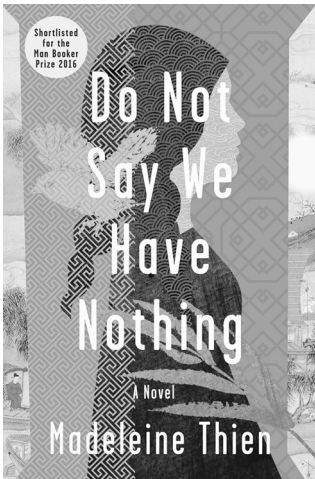
Sparrow’s student in the early 1960s. Li-ling and Ai-Ming begin filling in details of the intertwining lives of their fathers to help them find understanding and solace.

Back in 1949, as the decades-long Civil War between the Communists and Nationalists was ending, Mao Ze-dong became Chairman of the Communist Party of China. He was viewed as “the Great Saving Star,” and Sparrow’s father, Ba Lute, was an avid soldier who championed Mao’s cause. The first ten years of Mao’s reign seemed promising with land reforms and victory in the Korean War. However, the land reforms hit them personally when Sparrow’s aunt and uncle, who were landowners, got sentenced to hard labor

and were sent away. This left behind their young daughter named Zhuli for Sparrow’s family to raise. Sparrow at a young age began composing his own music, and he spent countless hours preparing to apply for admission to the Shanghai Conservatory of Music. He got accepted and became a professor there. Zhuli was also mesmerized by music and followed in Sparrow’s footsteps but as a violinist.

Turmoil and the harsh hand of the government intervened again when Mao initiated the Cultural Revolution in 1966 that was to last until his death in 1976. In 1965, Sparrow first met Jiang Kai, a 24-year-old music student specializing in the piano. Their relationship deepened over time and extended to looking out for Zhuli. The Red Guards in support of the regime descended upon the Conservatory and began savage attacks on anyone deemed a threat. The effects on Sparrow, Jiang Kai, and Zhuli were different and none of them were left unscathed.

In April 1989, mass demonstrations led by students of Beijing University at Tiananmen Square began six days after Hu Yaobang died, and 100,000 students gathered to pay their respects to this leader in the Communist party who had voiced sup-



CLUES ACROSS

1. Submit

7. When you hope to arrive

10. Ducks

12. Ancient Dead Sea region

13. Hatch

14. Genus of finches

15. Knives

16. Towards the oral region

17. Bitter-flavored beer

18. Brews

19. Hideouts

21. Where one sleeps

22. Unbroken view of a region

27. Hammer is one

28. Racing legend
33. Commercial

34. Understood by just a few

36. Global design effort

37. Portuguese folk song

38. Traditional woven cloth

39. Oil barrel (abbr.)

40. Cupbearer of the gods

41. Spiritual leader of a Jewish congregation

44. Dabs

45. Bedspread

48. Visionary

49. Prime Ministers

50. Criticize

51. Teeter

CLUES DOWN

1. Bird genus

2. A baseball team

3. Taxis

4. Baseball stat

5. Insecticide

6. Midway between east and southeast

7. Icelandic poems

8. Rocker Rundgren

9. Doctors’ group

10. Inform wrongly

11. TVs used to have one

12. Long-__: donkeys

14. Weasel-like mammal

17. Payroll company

18. Conductance unit

20. Fifth note of a major scale

23. Prepares

24. Yellow-fever mosquitos
25. Partner to Pa

26. They __

29. Canadian province (abbr.)

30. Official

31. More colorless

32. Goodies

35. Sanders was one

36. Talkative

38. Rips apart

40. Chinese Muslim

41. Rapid eye movements

42. Song

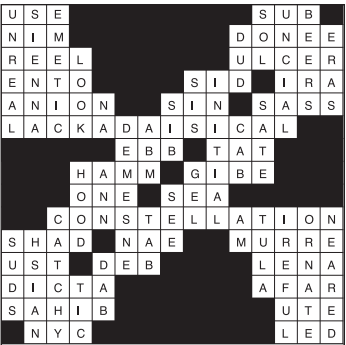
43. Spent it all

44. Sombre

45. Cycles per second

46. Naturally occurring material

47. “Orange is the New Black” character



Answers for March 20

please see **review** on page 11

Poet’s talk, reading scheduled

In celebration of national poetry month, poet Carmen Gillespie will give a talk on Friday, April 12, from 6 p.m. to 7 p.m., followed by a poetry reading from her book titled “The Ghosts of Monticello,” at 7:30 p.m., in Room 302 of the Hazel Center at Wor-Wic Community College in Salisbury.

Gillespie is a professor of English and director and founder of the Griot Institute for Africana Studies at Bucknell University. She has also published a poetry chapbook, “Lining the Rails,” and two poetry collections, “The Blue Black Wet of Wood” and “Jonestown: A Vexation,” which won the 2010 Naomi Long Madgett Poetry Award.

This event is part of a year-long speaking series with a theme of “Echoes

from the Margins: A Year of Amplifying Silenced Voices” and is in celebration of the 30th anniversary of “Echoes & Visions,” the college’s award-winning creative arts magazine, and the creation of a new endowment for the arts.

This event is made possible by a grant from Maryland Humanities, through support from the National Endowment for the Humanities. Any views, findings, conclusions or recommendations expressed in the programs do not necessarily represent those of the National Endowment for the Humanities or Maryland Humanities.

For more information, contact Adam Tavel at atavel@worwic.edu or 410-334-2866.

golf
from page 6

All proceeds will benefit GOLD’s emergency assistance programs for Worcester County residents who experience an unexpected crisis while already living in poverty and low-income circumstances. During 2018, GOLD provided vital support for 919 families, which included 1,292 adults and 1,468 children, a total of 2,760 Worcester County residents served. Assistance was provided to help avoid eviction, prevent disconnection of utilities or reconnect services, provide food and clothing, meet urgent medical

needs, provide crucial transportation, assist children transitioning from homes into foster care, and to provide items to meet basic needs for infants, young children, vulnerable adults, and those who are homeless.

Registration forms are available on GOLD’s website at www.WorcesterCountyGOLD.org and at Facebook.com/WorcesterGOLD. For more information about the tournament or how to become a sponsor or donate items for the golfer gift bags, contact Sandy Sipes, GOLD’s Executive Director, at 410-677-6830 or email WorcesterCountyGOLD@gmail.com.

hospice
from page 6

ing been with Coastal Hospice since last fall. Prior to her joining the Coastal Hospice team, Lauren worked at Salisbury Rehabilitation and Nursing Center for over 9 years, where she most recently served as the Memory Support Program Director. She attended Salisbury University, where she received both a Master’s Degree in Social Work as well as a Bachelor of Arts in Social Work. She is li-

censed in Maryland as a Licensed Master Social Worker and in Delaware as a Licensed Clinical Social Worker.

“I am confident that these promotions will continue to improve the experiences of our patients and families while strengthening our overall agency structure,” said Alane Capen, president of Coastal Hospice. “As we continue to grow as an organization, I am confident that these four leaders will help to prepare us for the future.”

review
from page 10

port for reforms. Widespread calls for democratic reforms occurred. The buoyant attitude of the students through May affected Sparrow, too, and he agreed to join the protests that had now swelled to over a million people. However, on the morning of June 4, tanks and armed soldiers were called in by the government to quell the protests for good.

In this story, Thien tells the human side of China’s history during this era, told in a beautiful way of blending real history with believable characters from every day families. The book’s title is entirely fitting, and it has made an even bigger impression on this writer because I actually traveled to China last year and saw Tiananmen Square with its massive portrait of Mao Zedong. Interestingly, our tour guide never mentioned the massacre or even the protest.



Success - The recent Kiwanis Pancake Breakfast on February 23 was a success. The Stephen Decatur High School Key Club, a Kiwanis Student Leadership Club for high schools, turned out in force to serve guests, for which the Kiwanis Club of OP-OC is grateful. Pictured (L-R) are first shift members: Kiwanis Club’s liaison to the Key Club **Roy Foreman**, Key Club members **PJ Venezia, Aly Braciszewski, Gabrielle Izzett, President Zehra Mirza, Skylar Cook, Kylie Sens and Hailey Bowden**. There’s no picture of the second shift but a big thank you to Andrew Ball, Jenna Banks, Sydney Bowen, Julissa Astudillo. Sahara Finley and Lottie Nickell.

Diabetes education event scheduled

Peninsula Regional Nutrition & Diabetes Education invites anyone interested in learning more about diabetes to attend a free education event, “Diabetes Myth Busters” on Monday, April 8. Jorge Vivar Aguirre, MD, an endocrinologist with Peninsula Regional Endocrinology and Diabetes in Salisbury, will keynote the session that will look into some popular misconceptions about diabetes and how making the right choices can improve life with diabetes.

The event begins at 5:30 p.m. with exhibits from companies involved in diabetes care and services until 6:45 p.m. Dr. Vivar Aguirre’s presentation will begin at 7:00 p.m.

and last approximately one hour. The program will be held in Hallowell Conference Center on the Peninsula Regional Medical Center campus – enter through the Hanna Outpatient Center entrance and take the elevator to the ground floor. Free parking will be provided in the Visitor Parking Garage. An RSVP is required; please call Peninsula Regional Nutrition & Diabetes Education at 410-543-7061. There is no cost to attend.

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	21	High	8:32 AM	7:13 PM
	21	Low	2:47 PM	
	21	High	8:52 PM	
F	22	Low	3:10 AM	7:01 AM
	22	High	9:20 AM	7:14 PM
	22	Low	3:32 PM	
	22	High	9:41 PM	
Sa	23	Low	4:01 AM	6:59 AM
	23	High	10:08 AM	7:15 PM
	23	Low	4:18 PM	
	23	High	10:30 PM	
Su	24	Low	4:53 AM	6:58 AM
	24	High	10:55 AM	7:16 PM
	24	Low	5:04 PM	
	24	High	11:19 PM	
M	25	Low	5:47 AM	6:56 AM
	25	High	11:42 AM	7:17 PM
	25	Low	5:53 PM	
Tu	26	High	12:08 AM	6:55 AM
	26	Low	6:42 AM	7:18 PM
	26	High	12:32 PM	
	26	Low	6:45 PM	
W	27	High	1:02 AM	6:53 AM
	27	Low	7:40 AM	7:18 PM
	27	High	1:26 PM	
	27	Low	7:39 PM	

Fields earns board certification

Jo Ann Fields, MD, of Salisbury has been certified in hospice and palliative medicine from the American Board of Internal Medicine (ABIM).



Jo Ann Fields

Board certification from ABIM is the highest standard in internal medicine and its subspecialties and signifies that physicians have demonstrated to their peers and to the public that they have the clinical judgment, skills and attitudes essential for providing excellent patient care.

After being certified in Internal Medicine, Dr. Fields completed a year-long fellowship at Lehigh Valley Medical Center in Allentown, PA. Currently, Dr. Fields is the primary

physician at Coastal Hospice at the Lake and has been with the agency for two years.

President of Coastal Hospice, Alane Capen said, "We are proud to have Dr. Fields at Coastal Hospice. Those who earn and maintain board certification from ABIM differentiate themselves every day through their specialized knowledge and commitment to continual learning in service of their patients."

Board certification is voluntary and includes a rigorous exam that tests a physician's ability to diagnose and treat patients with a broad range of conditions. To maintain certification, physicians can participate in activities that assess knowledge of the latest scientific developments and changes in practice and in specialty areas.

Pros and cons of joint replacement surgery

To people outside the medical field, joint replacement surgery might sound like a solution that is considered only after all other options have been exhausted. But joint replacement surgery has become very common, even though some studies have suggested certain procedures are being performed unnecessarily.

A 2014 study published in the journal "Arthritis and Rheumatology" found that one-third of patients who undergo knee replacement surgery may not be appropriate candidates for the procedure because their symptoms are not severe enough to merit aggressive intervention like surgery.

The decision to undergo surgery is always a patient's to make. Weighing some pros and cons of joint replacement surgery can help patients make the most informed decisions possible.

Pros. The Cleveland Clinic notes that many patients who have undergone joint replacement surgeries have experienced dramatic improvement within a relatively short time after undergoing the surgery. Much of that improvement is related to pain, which for

many people becomes overwhelming prior to surgery.

Another benefit to joint replacement surgery is the recovery time. For example, the Cleveland Clinic notes that patients who have knee replacement surgery are usually standing and even moving the joint the day after their surgeries. Within six weeks, those same patients are typically walking comfortably with very little sup-



port. While each patient is different, any fears that joint replacement surgery will require patients to be immo-

*please see **surgery** on page 15*



Donation - Pictured receiving a \$400 donation (L-R) is 4STEPS Executive Director **Sandy Winters** and Kiwanis Club of Greater Ocean Pines - Ocean City President **Dick Clagett**. Sandy said the funds would support two children to attend summer camp. 4STEPS was founded in 2004 in Parsonsburg, MD. For more information visit www.4setpstrp.org.

The right foods can fight inflammation

The human body and its immune system excels at fighting foreign invaders like bacteria and viruses. Signaling chemicals called interleukins tell cells whether they are needed to fight illness or they should wait in the wings. While these immune defenders are doing their jobs, soreness, fatigue and swelling can occur, the natural side effects of an immune system response, but will soon dissipate.

However, many people deal with immune systems that are consistently revved up, even when no invaders are present. This is the problem with many chronic diseases and immune system dysfunction. Unfortunately, the inflammation that is a hallmark of immune defense becomes a daily problem that may result in chronic pain and other complications. What many people may not realize is that the foods that they are putting into their bodies may exacerbate inflammatory responses, while others may help keep inflammation at bay.

People with rheumatoid arthritis,

Crohn's disease, Hashimoto's, and other chronic illnesses may find that turning to the right diet can tame inflammation and other symptoms. Recently, many health experts, including Dr. Barry Sears, founder of the Inflammation and Research Foundation and author of the "Zone Diet," and Dr. Andrew Weil, who offers the Anti-Inflammatory Food Pyramid, have begun to tout certain foods that are purported to reduce inflammatory response over an extended period of time.

As beneficial as some foods can be, it is important to note that individuals are unique and certain foods may produce a particular response in some but not in others. Systematically isolating certain foods can help paint a picture of foods that can be problematic. But generally speaking, refined carbohydrates, sugar-sweetened beverages, fried foods, and processed meats may increase inflammation, advises Harvard Health Publishing. Conversely,

*please see **foods** on page 15*

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Questions to ask when your doctor prescribes a new medicine

Though few people may want to take medicine each day, prescription drugs prolong lives and help people manage conditions that might otherwise make it difficult to live life to the fullest.

A 2017 survey from "Consumer Reports" found that 55 percent of people living in the United States take a prescription medicine. The survey also found that those who take prescription drugs use an average of four such medications. That figure might alarm some people, especially aging men and women whose bodies might be more susceptible to conditions that are often treated with medication.

There is no denying that prescription drugs can save lives. But men and women have a right to explore their options when doctors prescribe them medications, and asking the right questions when doctors suggest med-

ication can help men and women decide if prescription medicine is their best option.

To help men and women make the best decisions regarding their healthcare, the National Institute on Aging advises people to ask their physicians these questions when being prescribed a new medicine.

-What is the name of the medicine, and why am I taking it?

-Which medical condition does this medicine treat?

-How many times a day should I take the medicine, and at what times

should I take it?

-If the prescription instructions say the medicine must be taken "four times a day," does that mean four times in 24 hours or four times during the daytime?

-How much medicine should I take?

-Should I take the medicine on its own or with food? Should I avoid certain foods and beverages when taking this medicine?

-How long will it take this medicine to work?

-Will this medicine cause problems if I am taking other medicines?

-Can I safely operate a motor vehicle while taking this medication?

-What does "as needed" mean?

-When should I stop taking the medicine?

-What should I do if I forget to take my medicine?

-Can I expect any side effects? What should I do if I have a problem?

-Will I need a refill, and how do I arrange that?

When discussing medications with a physician, it is imperative that men and women be forthcoming about any other medicines they might be taking under the guidance of other doctors. In addition, men and women should tell their physicians about any over-the-counter medicines or vitamins and supplements they are taking. Sharing such information can prevent potentially serious complications from arising.

Medicine saves lives every day. Smart patients can help medicine do its job by learning about their medications and discussing them openly and honestly with their physicians.



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foods

from page 12

certain foods and beverages that have been identified as reducing inflammation for many people. These include: tomatoes, olive oil, green leafy vegetables and cruciferous vegetables, nuts, like almonds and walnuts, fatty fish, berries, avocados, green tea, peppers, grapes, turmeric, dark chocolate



Including these foods in one's daily diet may help to relieve the pain, bloating and fatigue associated with inflammation.

It is important to speak with a doctor before making any dietary changes. Discuss any inflammation issues you have been having and

which foods might help. Generally speaking, a diet full of diverse, antioxidant-rich foods can provide relief for those with various levels of inflammation.

surgery

from page 12

bile for months after surgery are unwarranted.

Joint replacement surgery also can be a long-term solution, whereas the alternatives might not be. The Cleveland Clinic says that roughly 85 percent of knee implants will last 20 years, and that life expectancy figures to grow as technology advances.

Cons. As beneficial as joint replacement surgery can be, it is not without downsides. Cost is one such disadvantage. How much a patient pays for the surgery depends on his or her coverage, but AARP notes that the average knee replacement surgery costs \$31,000. Such costs can be pro-

hibitive for aging men and women who are no longer working.

Another potential disadvantage to going under the knife, especially for those who are borderline candidates for replacement surgeries, is the likelihood that surgery will not have a significant impact on quality of life. A 2017 study published in the journal BMJ found that knee replacement had minimal effects on quality of life, especially for patients whose arthritis was not severe.

Joint replacement surgeries are common. When deciding if surgery is their best option, patients should consider the pros and cons of going under the knife before making their final choice.

courses

from page 4

acoustic engineering, acting, animals, computer repair, cooking, crime scene investigation, movie making, muggles, photography, rockets and robots, stained glass, "Star Wars" and website building.

"Each year, we offer new courses and bring back some of the old favorites," said Kerry Cleaver, director of continuing education and workforce development at Wor-Wic. "We have a very exciting line up of courses for participants this year, which are sure to spark their imaginations while they are having fun."

The one-week courses are offered on campus Monday through Friday, beginning July 8 and ending August 2. Students can take full- or half-day courses. Full-day courses are held from 9 a.m. to 4 p.m. with a one-hour lunch. Half-day courses, which are offered from 9 a.m. to noon or 1 p.m. to 4 p.m., can also be taken back-to-back to create a full-day schedule. Before and after care is available at the college's on-campus child development center.

The courses are designed for public, private and home-schooled gifted and talented students.

A student's gifted and talented status is determined by the school they attend, based on the student's abilities in the areas of general intellectual capabilities, specific academic aptitudes, or the creative, visual or performing arts.

Space is limited. For the best selection of classes, registrations should be submitted prior to March 31. For more information, visit www.worwic.edu/SummerScholars or call 410-334-2815.

**Recognition - Dr. Kathryn**

Fiddler, MS, RN, NE-BC, Peninsula Regional Health System (PRHS) and Peninsula Regional Medical Center's (PRMC) vice president of Population Health, was recently named One of Maryland's 2019 Top 100 Women by *The Daily Record*. The Baltimore business publication has been recognizing outstanding accomplishments, community leadership and mentoring demonstrated by women since 1996.

program

from page 2

above information is then recorded onto a CD. A cheek swab of the child's DNA is collected painlessly. Everything is then sealed in an envelope and given to the parent for safekeeping. The Lodge retains none of the information.

Granvil "Pete" Jones, Most Worshipful Master of Evergreen Lodge

crappie

from page 9

nows and move your jig in a jiggling motion slowly so it looks like a minnow. Don't hesitate to move around until you find them. They are a schooling fish so when you catch one there are likely to be more in the area.

What about eating? How can I prepare them? Crappie are one of the best eating fish around. Here are a few recipes.

Pope's Texas Crappie provided by Russell Pope - This recipe uses the whole fish cleaned and scaled

Coat crappie in sour cream (don't thin the sour cream)

Roll in mixture of salt pepper and corn meal

Deep fry or skillet fry till light brown

Get out of the way or your own loving kin and friends will run over you to get to it.

Sharp's Crappie Recipe provided by Douglas Sharp - Uses fillets

#153 states, "This program can be used for children and vulnerable adults." The first local event that will host the MD CHIP program will be the Worcester CARES Expo, held at Berlin Intermediate School on Saturday, March 30, from 9 a.m. to noon.

If you would like to schedule this valuable free service for your community organization or civic group, please contact Pete Jones at 410-726-3269 or email gjones21811@verizon.net.

Fillet your catch the way you like them

Take equal parts of yellow corn meal and Parmesan cheese.

Add a Tablespoon of Dill Weed (freeze-dried or fresh)

Salt and Pepper to taste

Mix the above according to how much you'll need to cover your fillets.

Heat your frying oil to at least 375 degrees, drop those fillets in, and let'em fry till brown. Take'em out and squeeze some fresh lemon on them! Your tongue will slap your face!! Hope you enjoy.

Did you know?

It takes approximately seven years for the average American Lobster to reach one pound. Also, American Lobsters have longer life spans than both cats and dogs, living over 20 years.

Out of more than 360 species of Sharks, only a handful of species pose a potential threat to humans. Did you know? Elephants and deer kill more people every year than sharks!

Remember to take a kid fishing!
Capt. Ron

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Thespian Society

Twelve Worcester Prep Students were inducted to the WPS chapter of the International Thespian Society on February 26. The International Thespian Society (ITS) is the Educational Theatre Association's student honorary organization to recognize high school student achievement in Theatre. Hosted by Head of Upper School Mike Grosso, Middle/Upper School Music Director Christopher Buzby, and Upper School Dance/Drama Director Paulette DeRosa-Matrona, the ceremony was held in front of family and friends in the WPS Guerrieri Library.

Above: New members of the Worcester Preparatory School International Thespian Society include:

Front Row L-R: **McKenzie Blake, Quinn McColgan, Rylie Carey, Annika Larsen.**

Middle Row L-R: **Kelly Polk, Abi Taylor, Hana Miller, Ellie Todorov.**

Back Row L-R: **Noah Hudson, Frank Carter, Jacob Meakin, Devin Wallace.**

Sedans ... going, going, gone?

Sedan owners who suspect they might be part of a dying breed are not wrong to harbor such suspicions, as auto industry insiders note that the production of sedans has been in decline for about a decade. According to LMC Automotive, which tracks the auto industry, many auto manufactur-

ers are responding to consumer demand for taller vehicles by producing more trucks, SUVs and crossovers at the expense of sedans. In fact, LMC Automotive estimates that, by 2022, 84 percent of the vehicles sold by General Motors in the United States will be SUVs or trucks. And GM will not even

be leading the pack in that regard, as LMC estimates Ford (90 percent) and Fiat Chrysler (97 percent) will be almost exclusively manufacturing some type of truck or SUV. While trucks and SUVs might first have taken hold of the U.S. automotive market, other countries are now following suit. According to the automotive research firm JATO Dynamics, SUVs, including crossovers, accounted for more than one in three cars sold across the globe in 2017.

Drop-in tennis offered

Worcester County Recreation & Parks (WCRP) and the Town of Berlin have partnered to offer a new program this spring, Adult Drop-In Tennis.

Drop-In Tennis will be conducted in an informal format and open to everyone ages 14 and older. All levels, ages, abilities, and genders are accepted. Just show up with your racquet.

This new program will take place at the Stephen Decatur Park tennis courts on Wednesdays, April 3 to May 29, 2019, from 10 a.m. to 12 p.m. The cost per person is \$3 per session or \$25 for the quarter.

For more info, contact Kelly Buchanan at 410-632-2144, ext. 2503 or kbuchanan@co.worcester.md.us. To learn more about WCRP lineup of adult drop-in programs, visit www.worcesterrecandparks.org.

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